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THE CALIFORNIA ECLECTIC MEDICAL JOURNAL

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**THE LOS ANGELES JOURNAL OF ECLECTIC MEDICINE
AND THE CALIFORNIA MEDICAL JOURNAL.**

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O. C. WELBOURN, A. M., M. D., Editor

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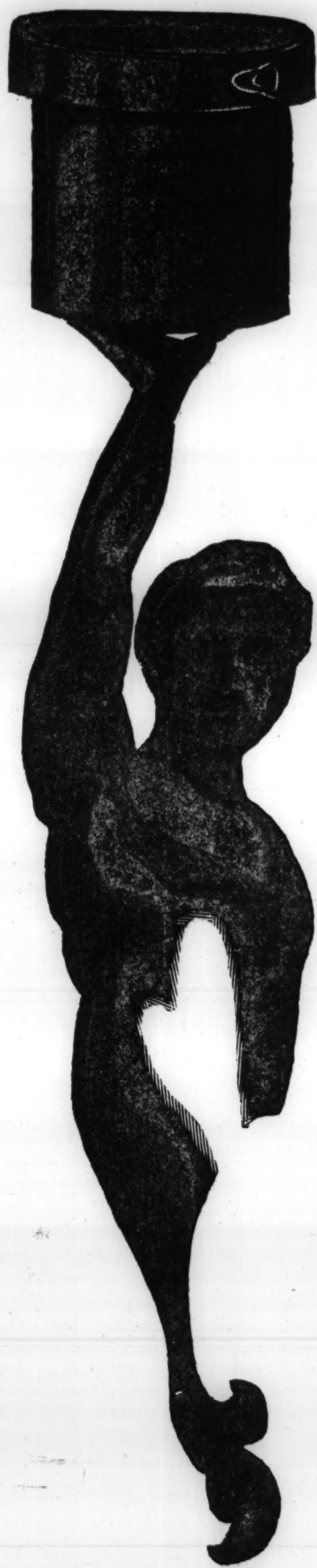
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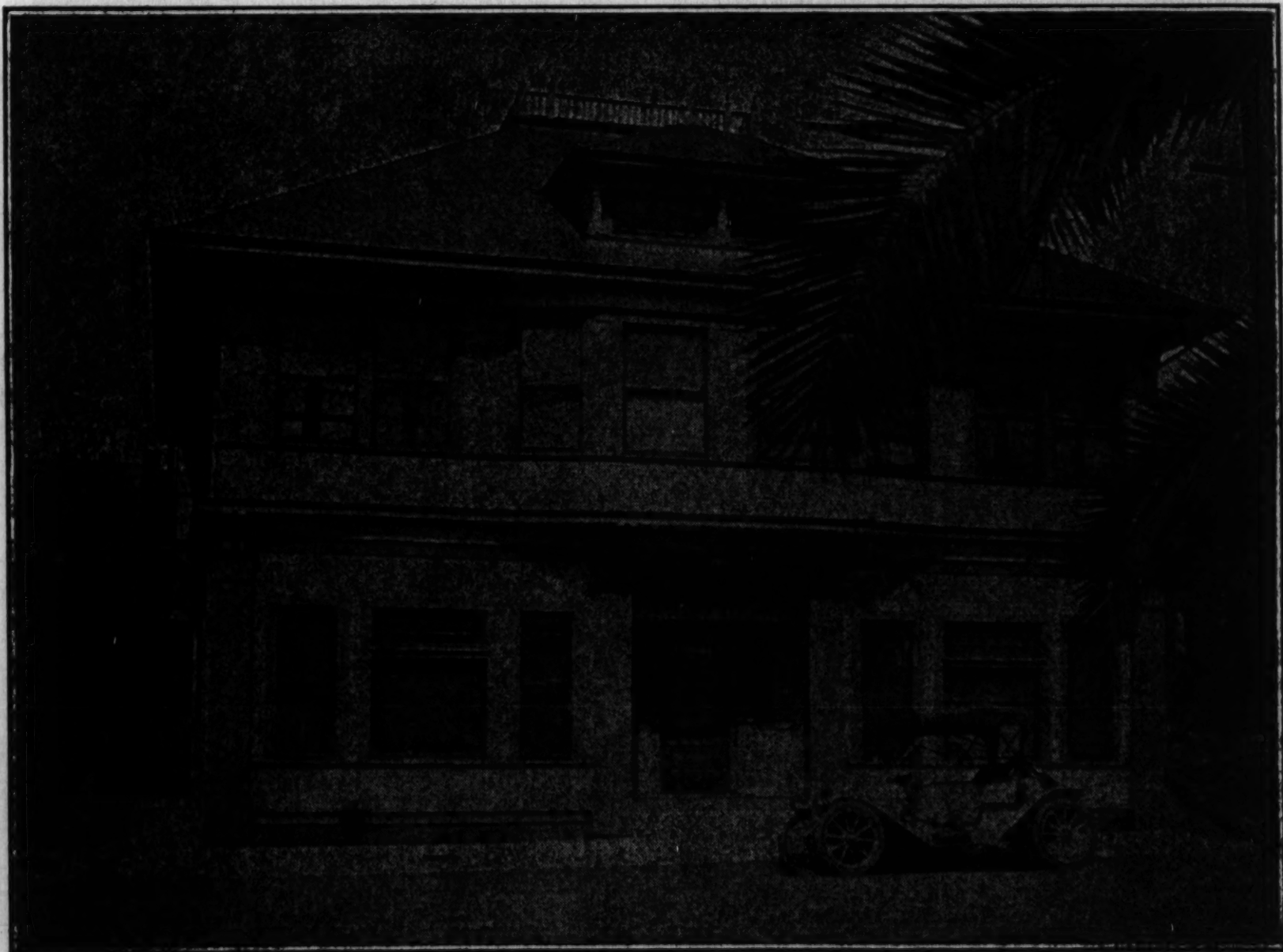
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The California Eclectic Medical Journal

Vol. VII.

MARCH, 1914

No. 3

Original Contributions

GOSSYPIUM

H. T. Webster, M. D., Oakland, Cal.

The common use made of this drug is to stimulate abnormal appearance of the menses. Here it is not a medicine, but a drug, and Lloyd Brothers, and possibly other drug houses, adorn original containers with a red label, marked "poison." And it is really such when ordinarily employed, because its action is destructive, though not always effective. I shall, therefore, with these few words, pass over this action of gossypium, and devote a brief space to the agent as a therapeutic resource.

It is strange that so reliable a remedy in the condition commonly referred to as hysteria has so long remained unnoticed by the majority of the profession, even in our own school. Within the past twenty-odd years my experience with it in pronounced cases of this kind has been large, and almost inevitably satisfactory. As I have kept no record of cases treated with it in such condition, I cannot, from memory, recall many of them, but as illustrations, will refer to two cases of very recent occurrence.

Several months ago the neighborhood in my vicinity was disturbed much, especially at night, by the crying of a child. It amounted, much of the time, to a piteous screaming, and some of the neighbors surmised that brutality was being exercised by the parents, but investigation proved that they were kind, and that they were doing all in their power to pacify the child and prevent it from making the outcry by trying to soothe it. They were informed that the family physician had tried to do something, but had failed completely, and had finally advised spanking, the throwing of cold water into the child's face, locking it in a dark closet, and various other disagreeable measures, to frighten it into obedience; but the

child only screamed the louder at such times, and the case seemed very discouraging. Great care was exercised to refrain from provoking it in any way to set it to going into one of the screaming spells. I have heard it scream at the top of its voice continually from dark in the evening until three or four o'clock in the morning, for several nights running. The family occupied an adjoining house to mine, so we were much disturbed by it.

One day, while the good wife was suffering from a headache, I spoke to the mother, who happened at the time to be in the back yard, asking her if it would not be possible to quiet it, as the noise was, at the time, a great nuisance. She informed me that the case seemed intractable, for they had tried everything in their power to quiet the child, and recounted the efforts they had made and the futile measures recommended by their doctor. She remarked that she would be glad if I could recommend anything that would have any effect in the case. I told her that I believed I could do something for the trouble, and supplied a two-ounce vial containing a drachm of specific gossypium diluted in water, with directions to give a teaspoonful every three hours while the child was awake. I may add that the subject was a delicate, puny girl about five years old, with a highly developed nervous organization. The screaming soon ceased, and after that the night was no longer disturbed by it. This was remarked by the neighbors, and the mother was so well pleased that I have since been the family adviser. A few weeks afterward the child showed a disposition to relapse, but another bottle of gossypium speedily arrested the symptoms. I do not want it understood that this remedy will always quiet a squalling child, but I do assert that when it depends upon a hysterical condition, which, though rarely the case, it is the only remedy known that can be depended upon.

A few weeks ago I was wakened out of a sound sleep by a ring of the door bell, and, upon inquiry, I was asked to go to a neighboring house to see a young woman who could not stop laughing. I found a robust negro girl, about twenty-one, who was convulsed with laughter. This was loud and prolonged at times, and alternated with short spells of giggling. It was after midnight, but the neighborhood was aroused by the hullabaloo. I could hear it when within a few rods of the door. The patient was very much distressed, but could not stop. While engaged in some playful sport with the younger children early in the evening she had begun laughing, and had kept it up for several hours and was getting worse instead of better. The room was full of anxious darky women, friends

of the family, and men folks were clustered in an adjoining room, all very much alarmed.

I called for half a glass of water and added a couple of drams of specific gossypium to it, ordering a teaspoonful to be given every fifteen minutes. I waited until two doses had been given, after which the patient soon ceased laughing and went quietly to sleep. There was no more trouble.

I have relieved women who had been lying several days in a rigid condition with hysteria, permanently, in an hour, and some of these had been under the care of a medical attendant all the time without relief. It is a wonder in such cases. Nothing else in our *materia medica* belongs in the same class with it.

Another place for it is where women about the menopause manifest peculiar mental disturbance. Though formerly capable wives and mothers, they now become despondent, irritable, morose and complain of many distressing ailments, such as numb spells, hot flashes, sleeplessness, and fear of impending insanity. Such cases may at length merge into insanity, though usually they lose these unpleasant symptoms spontaneously after two or three years. Nothing acts so promptly here as gossypium. I add an ounce of specific gossypium and an ounce of alcohol to enough water to fill a pint bottle, and order a teaspoonful four times daily. Manifest improvement soon follows. I never prescribe for any case with more confidence than when I prescribe gossypium here.

Of course, any such case may require additional treatment, but gossypium is the basic remedy. Sometimes a mild tonic helps; sometimes a little *pulsatilla*, in combination, is required; any case may present some complication demanding an adjuvant, but gossypium seems to reach the fundamental disturbance.

This is not an original idea with me. "Honor to whom honor is due." Dr. F. P. Mitchell brought the idea out, and to him belongs the praise. The June number of the second volume of the *National Quarterly* contains an excellent article on this remedy along these lines by Dr. O. C. Baird, of Chanute, Kansas, but he gives the credit to Professor Wintermute. This gentleman undoubtedly owes the credit to an article from Dr. Mitchell, published first in *Dynamical Therapeutics*. To him is at least due the credit of being astute enough to investigate what appears there, something which few others seem to have done.

REFRACTION—ITS VALUE IN NERVOUS DISORDERS**Dr. Edward P. Bailey, Los Angeles**

The human eye like the rest of the body is undeveloped at birth. Nature originally made everything according to the perfect laws of chemistry (combination) and geometry (form), but man has not lived in accord with nature, and suffering, while in a large measure the result of actions of his forefathers, is also due to the lack of co-ordinate development of the organs of the body.

The eye is put to such active uses early in life that it develops faster than the rest of the body, and as a consequence ceases to grow long before other parts reach maturity. For this reason nearly all eyes never reach normal development. They are guilty of either Myopia, Hyperopia or Astigmatism, very often a combination of the two latter conditions.

Because of the fact that nature gave the eyes one-tenth of the entire number of nerves in the body, it is proof that they needed it; and when we find they are the only organs in the whole anatomy which have the power of concealing or overcoming their defects, or at least a majority of them, by an extra demand upon the nervous system, it can readily be seen what a sacrifice of nervous energy is involved, and accounts theoretically, for many of the ills that medicine and surgery have failed to cure permanently. Putting this theory into practice and correcting the error in the eyes has proven conclusively that a great majority of nervous disorders are only functional derangements, through organic defects which nature cures quietly when given an opportunity, with a pair of properly fitted glasses. We have found that the eye defects cause the disturbance, and it was aggravated by the habits of the individual.

The nerve element is the nucleus of life; thus the nervous system is the principal factor in sustaining life and health.

The impingement, or waste of nerve energy, is the primary cause of at least 80 per cent of all human ills. The eyes are the only organs of the body able to, and that will, involuntarily overcome their own deficiencies, by an extra demand on the nerve supply by the ciliary nerves action on the muscles which operate the crystalline lens, consequently, they are a profound source of nerve waste.

Unusually acute vision is positive proof of deficient development of the eyes, and the amount of defect which will produce vision above normal is great enough to increase the demands on the general nerve supply at least 25 per cent, often more.

It is in childhood days that the eyes should receive careful

attention. If one but remembers that only 10 per cent of all persons have normal eyes, and stops to think of how constantly these delicate organs must be employed in acquiring an education, oftentimes forced to tasks too great even for the few who are blessed with perfect health and normal eyes, and consider the sensitive organism of the growing child, it is not hard to believe that many children suffer. In many cases disturbance does not manifest itself until maturity is reached.

It is safe to assume that a child's eyes are as undeveloped as the rest of the body, and we would not think of imposing tasks of any great endurance on any other part of its body, and there are societies and laws to prevent it, but we send them to school and expect them to do about four times as much work with their little abnormal eyes as any fully developed adult could stand, and then wonder why they are sick and nervous. There is a reason.

Of the many symptoms by which eye defects may be recognized, headaches are by far the most general, though there may be blurred or painful vision, red or watery eyes, granulated lids, twitching or frequent winking of the lids, with a constant scowl, loss of appetite, dizziness and nearly always nervousness, with more or less irritability, nausea, listlessness, bedwetting, depression and cross-eyes.

In the majority of cases it is defective eyes that causes a child's lack of interest, and ofttime an aversion to school and study, for he either has the headache or the print becomes blurred, when he begins to study, or he cannot see the work on the board; he becomes idle and indifferent, is considered stupid and uninteresting, and is pushed aside as "the bad boy" or dunce of the class. Many a boy has been a dullard at school and made a failure in after life simply because there was some defect in his eyes, which made it impossible for him to see things as they really were.

The brain gets most of its information through the eyes, and also most of the all-important faculty, judgment, and if the eyes do not see correctly, both information and training are necessarily defective.

These facts are obvious; yet thousands grow up, struggle, fail and die without knowing the simple and perhaps easily curable cause of their misfortunes. In every school room to-day there are these curable, so-called dullards. Every pair of young eyes should be suspected until they have been thoroughly examined.

To add to the matter of symptoms, I may say they are as varied and as many as there are people. One will be dull mentally; another excitable; another have indigestion, others neuralgia, piles, bladder troubles, menstrual difficulties, fits and

many other so-called diseases, which are not diseases at all in the sense generally understood, but simply nervous derangement, because the inco-ordination, ocular and systemic, caused by eye-strain primarily soon involves the whole apparatus, and when each part falls just a little short of its full duty the combination is disastrous to the entire nervous system.

In all cases where you find a contraction of the ciliary muscle of the eye you will find a sympathetic contraction of every sphincter in the body.

In my practice the first corrective measure I adopt is to stop all avenues of nerve waste, then proceed with remedial treatment.

Patients may frequently come wearing glasses, but it is a 50 to 1 bet that the lenses they are using show an undercorrection, thus accentuating their troubles, if not causing them. In many cases they are wearing minus instead of plus power; in others a dioptic or more out of their normal range. Under correction is sometimes worse than no correction at all, as with a large degree of error the ciliary muscle will sometimes simply balk and not try to overcome the difficulty, thus saving the irritation, but the patient will not see well, and then knows for certain he needs glasses, but if he is not fully fitted he is liable to some of the well known nervous disorders.

Fitting glasses (Refraction) is a more delicate operation considering its ultimate results than that of the surgeon; in the case of the latter the results are seen and prognosis safely possible, no matter how the work is done; but in the case of the former the results of refraction are not fully seen at once, to a certainty, and if incorrectly done, the resulting experience may not demonstrate itself for considerable time, owing to gradual break down of health.

Therefore, in the words of MATURE MEDICINE, I state "Great skill and care are required to fit glasses properly to either hypermetropes or myopes, because the first class resist full corrections unconsciously, and the second encourage overcorrection in the same manner. Both produce bad situations; hence the eye doctor must know not only physical laws, but he must know physiological idiosyncrasies, and how to avoid being tripped up by them." He must be able to recognize, and know the difference between tonic and clonic spasms, to be able intelligently to proceed with his tests.

Doctors, should any of your patients, showing any of the foregoing symptoms, not respond readily to your treatment or give evidence of becoming chronics, look to the leeches on the nerve supply, and get out your test case. They will ever afterward thank you. You will cure up your old patients, but many new ones will take their places as a result thereof.

EXTRA UTERINE GESTATION**Dr. O. C. Welbourn, Los Angeles**

Read before the California State Eclectic Medical Society

I have elected to introduce this subject because my personal observation teaches me that it is not very well understood. Not that I expect to throw a great light upon it myself, but rather to evoke a free discussion which I am sure will be mutually helpful.

Normal pregnancy probably begins in the fallopian tube, and is transferred to the uterus during the early hours of gestation. By reason of congenital mal-formations, destruction of the ciliated epithelium lining the tube, or distortions due to peritoneal adhesions this transference may not take place, and as a result we have a tubal pregnancy. With the development of the gestation in this organ, there soon must be a rupture. A so-called tubal abortion takes place and the gestation is thrown into the pelvic or abdominal cavities. Nutritional association with the mother is thus broken and the embryo dies. It now becomes a foreign body as well as a substance suitable for the growth of pathogenic organisms.

With this brief resume of the aetiology and pathology let us now discuss the diagnosis. The patient following a period of sterility, believes herself to be pregnant. After the first six weeks, there is a good deal of pain and sero-sanguineous discharge from the uterus. A diagnosis of incomplete abortion is made and the curet used, though the small quantity of debris removed is disappointing to the operator. A careful bi-manual palpitation at this time will reveal a sausage shaped mass instead of the normal tube. Also a careful review of the history will show that the pains have been irregular, of a lancinating character, and in the right or left iliac region instead of the hypogastric. At this point a positive diagnosis should be made and the offending tube removed under very careful aseptic technic. However, in my experience, the diagnosis is usually delayed and the gestation proceeds. Some portion of the tube is dilated beyond its strength, there is a rupture, causing a sharp lancinating pain and a hemorrhage without the tube. It may flow into the peritoneal cavity or into the broad ligament. The quantity of blood lost may be large or small. If it be large there rapidly develops a collapse characterized by cold, clammy skin, dilated pupils, subnormal temperature, weak and rapid pulse, and irregular respiration with air hunger. On the other hand, if the hemorrhages be a continuous oozing or slight and recurrent, the quantity of blood lost will be comparatively small and there will be no collapse. The loss of blood will pass unnoticed until a clot is later found in the cul-de-sac or broad ligament. By reason of its location such a clot becomes readily infected and the usual signs of sepsis supervene. At this time a diagnosis of acute

pyosalpinx probably will be made and an operation performed. Immediately upon opening the abdomen the true nature of the disease becomes obvious and a positive diagnosis is made. Doubtless it should have been made earlier, but the above is the usual course of the disease. As described it is found frequently—far more frequently than you would suspect from statements made in text-book literature.

FAITH IN OLD FASHIONED ROOTS AND HERBS

"One does not have to be very old," said a New Yorker whose boyhood was spent on a farm, "to remember when the mother of the household came pretty near to being the whole thing in the family doctor line, and her faith in herbs and roots and barks was as strong as her industry in collecting them in their season.

"During the summer and fall months she gathered snake root, pink root, blood root, mandrake—May flower, so-called—colt's foot, poke root, catnip, horehound, elder blows, boneset, wild cherry bark, whitewood bark, poplar bark, sassafras root and bark and other barks and herbs too numerous to mention. Along the walks of the garden she kept growing rows of medicinal herbs—yarrow, sage, tansy, balsam and many others. Each and every one of these, wild and cultivated, had its curative value.

"Croup, whooping cough, mumps, hives, earache, toothache, measles, colic and all the other ailings that juvenile flesh was either heir to or caught from the neighbors quickly ran up against discouragement in the shape of some decoction or concoction evolved from mother's collection of 'yarbs.' And it was not only the ills of the rising generation of her day that mother unhesitatingly went up against with her home curative agents. A bottle of gin and poke was ever on the shelf ready at any time to knock father's rheumatism into the middle of next week, and in spite of the poke root father would take it and feel better.

"Sick headache was forced to become a well one when brought in contact with whitewood bark soured in whiskey, while boneset tea was a febrifuge that required but a few draughts of it to make one's temperature tumble back to normal. And was somebody about the house feeling 'all run down and draggy'? Well, there's the whiskey and wild cherry bark bottle upon the top shelf of the cupboard alongside of the 'camphire' bottle—another never failing resort in time of need. Dally with that whiskey and wild cherry bottle gently three times a day and the first thing you know you'll be as good as new.

"Great tonic that whiskey and wild cherry bark. Even the hired man admitted it.

"If any spring had come and gone without the annual sassafras tea being brewed and partaken of copiously by every

member of the household mother would have regarded the outlook for the family health as dark indeed, for it was then that the blood needed 'thinning' and sassafras tea was the boss thing to do that important sanitary job.

"But the household doctoring wasn't confined to the use of roots and barks and herbs. There were salves and ointments and washes and gargles and applications of numerous kinds and gifts to meet the occasion, all ready to the making from ingredients on the premises. The gargle of vinegar, salt and cayenne pepper, with the accompanying slice of fat pork, made hot with the same kind of pepper, and bound round the throat on a piece of old red flannel—necessarily 'old' red flannel, according to all housewife tradition—was the all sufficient treatment for sore throat, not only the simple kind but the dreaded one known as quinsy.

"The bottle of strained honey—always the dark honey, or honey made by the bees before they began to work on the buckwheat blossoms—and the jar of goosegrease were yanked down from the shelf when some one of the youngsters roused mother from her peaceful slumbers with the honk, honk of croup. Quickly down upon the cause of that alarm signal went a generous dose of the honey syrup. Leaving it to its work, instantly followed the hearty massaging of the youngster's chest with goosegrease, the course of treatment closing with a big square of coarse brown paper—the like of which we see no more—liberally coated with goosegrease and placed firmly on the patient's chest. Any case of croup that didn't take itself off and away within fifteen minutes after being met with that reception was not of record.

"Who ever had a cold in those days of home treatment without going right to work at it with mother's onion syrup? Onion syrup was simply the expressed juice of roasted onions made into syrup by simmering in sugar in a covered vessel and taken in liberal doses. It somehow certainly did do the business for a cold.

"I was up around my old home region last summer and was surprised and disappointed not to see the boy with a stone bruise. Why, in the olden time, the boy who didn't coax a stone bruise on his heel some time during the season's round of pleasures was sort of looked down on as lacking in something or other. Whether the stone bruise on the heel was made to show the efficacy of mother's soap and sugar drawing plaster in dealing with such visitations there is perhaps now no means of knowing, but that plaster certainly did have a draught that made the stone bruise pale its ineffectual fires, so to speak, and go 'way from there.

"But folks today, somehow or other, seem to get along pretty satisfactorily, although the old fashioned home practice of the curing art is tucked away on the commodious shelf of the has beens."—New York Sun.

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THE DECADENCE OF PROFESSIONAL AUTHORITY

It has been said that the public has lost confidence in the medical profession. In a measure this is true and it behooves us to search out the cause and remove it, even as "if thine eye offend thee, pluck it out." However such a spectacular procedure might be insufficient, seeing that the profession is afflicted with a complication of chronic complaints none of which is necessarily dependent upon the others.

This is an age of change and readjustment—not necessarily synonymous with progress—and a certain proportion of the people are looking for the latest, believing that thereby they are getting the best. Many doctors aim to keep in close touch with the public and supply what the public wants irrespective of its value. Their methods of treatment are constantly changing, as likewise are their patients, and the consequence is a general loss of confidence on the part of the thinking public. A more potent cause of loss of faith is the oft-repeated assertion that the profession can do nothing for such grave diseases as pneumonia and typhoid. An idea which was evolved in the "higher circles" a few years ago, and has gradually filtered through to the general public. This erroneous conclusion of the public as to the helplessness of the

profession when help is most needed is a serious matter for them as well as for ourselves, and it is high time that we make an energetic effort to place ourselves in correct position. This is, in a large measure, a personal matter between ourselves and our patients, and if so undertaken the seed sown will return ten fold and that almost at once. Perhaps the biggest stumbling block to the older members of the laity who think it the complete reversal of treatment for well known diseases which takes place every few years. For instance, the "authorized" treatment of typhoid for the last twenty years has varied from large doses of acetanilid to ice tubs for fever, brisk catharsis to active astringents for diarrhea, starvation to stuffing for the exhaustion, and hot packs to ice packs for the ulceration and tympanites. Naturally the people wonder which is the best treatment. They lend a willing ear to statements that all are futile, and possibly conclude that as a class we are a bunch of fakirs. Also many of the laity know that not many years ago surgeons anxiously awaited the appearance of pus, while at the present time it is met with anathemas. Should we be surprised that they wonder just a little bit, and with wondering there develops doubt, and when doubt comes in at the door faith flees through the window. Much of this could be prevented by less discussion of the details of our treatment with the laity. Any statement is likely to be misunderstood, and, after all, the patient really is interested only in getting well. He cares very little as to how this is accomplished, so long as it is done quickly and well.

HINTS AND WINNOWINGS

Mothers with fashionable tendencies are not as bad, nor as heartless, as they often appear—they are simply slaves to fashion and what they mistakenly believe to be "good form." If it could be made fashionable for them to nurse their own infants, a lessened demand for prepared baby foods, as well as a decreased death-rate, would soon follow. There are many sensible women in so-called good society who lead an active life, keep all of their social engagements and still nurse their own children. There is no valid reason why every healthy woman should not furnish her offspring with the food to which it is clearly entitled. Nurses are liable to be meddling, and begin to feed the child milk from the time of its birth, as well as try to please the mother by telling her that it is quite unnecessary for her to nurse her infant. A great deal of harm is done in this way, and many lives are lost by feeding the child milk from the moment of its birth. Nature furnishes the child no milk for the first two or three days.

If fed at all it should be with water to which, perhaps, a few drops of milk may be added. Some nurses seem afraid to give children water to drink. The child cries and opens its mouth, into which the nurse puts more milk, while the infant may be suffering from the effects of being given milk too freely. Many nurses seem unable to distinguish hunger from thirst. I have many times seen crying babies become quiet and quickly go to sleep after being given a few teaspoonfuls of water. There is no equivalent for human milk, and a woman should either nurse the being she brings into the world or furnish it a wet nurse—one who can successfully pass a medical examination, showing that she is free from disease, and especially that she is not contaminated by diseases of a venereal character.

In an interesting article on the duties of women to their offspring, Dr. Alice Scharlice, a popular physician of England, pointedly remarked in substance that doctors had been greatly to blame in previous generations, and now nurses were very much to blame for they were constantly advising mothers not to nurse their babies. Until the women of the upper classes followed the example of the highest lady in the land and looked after their own families we should not have the race we ought to have. There was a tremendous responsibility resting on women doctors. The primary duty of a woman was to bear a healthy child and suckle it.

Schools for mothers are urgently needed, and while municipal governments are seeking means of lessening infant mortality it would be well to consider such schools. Mothers should be instructed in all things relating to the rearing of children, including the importance of having them properly clothed. Many children die from chills of the abdomen. The need of fresh air should be urged, as well as the fact that danger may result from undue exposure of infants while obtaining it.—Ed. Eclectic Med. Review.

PERISCOPE—AN INSANE CLASSIC

A penniless lawyer of Chicago, hopelessly insane, who was an inmate of the hospital at Dunning, died a few years since, leaving nothing but the following prose poem, in the form of a will. It will outlive many a learned treatise destitute of imagination, fancy or sentiment; and even many a bit of verse illuminated by the glow of true poetic feeling. Incidentally it illustrates the kinship which often subsists between talent and mental observation, and may serve and correct current misconceptions with reference to the nature of insanity.

"I, Charles Lounsberry, being of sound and disposing mind

and memory, do hereby make and publish this, my last will and testament, in order, as justly may be, to distribute my interest in the world among succeeding men.

"That part of my interest, which is known in law and recognized in the sheep bound volumes as my property, being inconsiderable and of none account, I make no disposition of in this, my will. My right to live, being but a life estate, is not at my disposal, but these things excepted, all else in the world I now proceed to devise and bequeath.

"Item: I give to good fathers and mothers in trust for their children, all good little words of praise and encouragement, and all quaint pet names and endearments, and I charge said parents to use them justly, but generously, as the needs of their children shall require.

"Item: I leave no children exclusively, but only for the term of their childhood, all and every, the flowers of the fields, and the blossom of the woods, with the right to play among them freely according to the customs of children, warning them at the same time against thistles and thorns. And I devise to children the banks of the brooks and the golden sands beneath the waters thereof, and the odors of the willows that dip therein and the white clouds that float high over the giant trees. And I leave to children the long, long days to be merry in, in a thousand ways, and the night, and the moon, and the train of the milky way to wonder at, but subject, nevertheless, to the rights hereinafter given to lovers.

"Item: I devise to boys jointly, all the useful, idle fields and commons, where ball may be played; all pleasant waters where one may swim; all snow clad hills where one may coast; and all streams and ponds where one may fish, or where, when grim winter comes, one may skate, to have and to hold these same for the period of their boyhood. And all meadows, with the clover blossoms and butterflies thereof; the woods with their appurtenances, the squirrels and birds and echoes and strange noises, and all distant places which may be visited, together with the adventures there found. And I give to said boys each his own place at the fireside at night, with all the pictures that may be seen in the burning wood, to enjoy without let or hindrance, and without any incumbrance of care.

"Item: To lovers, I devise their imaginary world with whatever they may need, as the stars of the sky, the red roses by the wall, the bloom of the hawthorne, the sweet strains of music, and aught else they may desire to figure to each other the lastingness and beauty of their love.

"Item: To young men, jointly, I devise and bequeath all boisterous, inspiring sports of rivalry, and I give to them the disdain of weakness and undaunted confidence in their own

strength. Though they are rude, I leave to them the power to make lasting friendships, and of possessing companions, and to them exclusively, I give all merry songs and brave choruses to sing with lusty voices.

"Item: And to those who are no longer children, or youths, or lovers, I leave memory, and I bequeath to them the volumes of the poems of Burns and Shakespeare and of other poets, if there be others, to the end that they may live the old days over again, freely and fully without title or diminution.

"Item: To our loved ones with snowy crowns, I bequeath the happiness of old age, the love and gratitude of their children until they fall asleep."

The above contribution may perhaps reconstruct some of the current ideas concerning the nature of insanity. It was given Samuel E. Earp, M. D., by Professor B. D. Myers, of Indiana University, who clipped it from *The Institution Quarterly*, Volume 2, Number 3, State of Illinois: Board of Administration, December, 1911.—Indianapolis Medical Journal.

Just now we hear a great deal about fear producing disease; that if we could exterminate fear, there would be absolute health.

But I think if we could get a good, wholesome, soul-searching, life-sized fear started among our young people for some things, it would tend amazingly to curtail our death rate, empty our hospitals and homes for feeble minded, and blind asylums, and incidentally rid our profession from a large element that trade on people's ignorance and sins. Fear may not be the highest incentive for self-government, but it would tend to protect the innocent.

Professor Schafer of Edinburgh University, at the meeting of the British Association, delivered the presidential address on "Life." He called attention to the breaking down of the dividing line between animate and inanimate nature. Growth and reproduction no longer constituted the test of discriminating between life and non-life, since organic crystals grew and multiplied and reproduced their like, while chemical reagents—even a mechanical or electrical stimulus—were capable of starting the process of fertilization in living organisms. In short, vitalism as a working hypothesis had been undermined, and the term vital force was an expression of ignorance which could bring us no further along the path of knowledge. Professor Schafer's address, perhaps the most challenging pronouncement delivered by a president of the British Association since Tyndall's famous utterance, though in the main a thoroughgoing vindication of the "mechanistic" position, is

marked by some important reserves. The remarks he made about life must not be taken to apply to the conception to which the word "soul" is attached. "The fact that the formation of such a conception is only possible in connection with life and that the growth and elaboration of the conception has only been possible as the result of the most complex processes of life in the most complex of living organisms, has doubtless led to the belief in the identity of life with soul. But, unless the use of the expression 'soul' is extended to a degree which would deprive it of all special significance, the distinction between these terms must be strictly maintained."

This is a very guarded admission; none the less it distinguishes Professor Schafer from such ultra-materialists as Haeckel. The gradual process of the change from lifeless to organic matter makes it none the easier to comprehend what caused the first stirring of life.

HOW SHALL WE TELL IT TO OUR CHILDREN?

Alice H. Anderson, M. D., Los Angeles, Cal.

I do not know how Dr. Bryant came to know my hobby. I thought it a safe secret, known only to mothers and the girls who are to be the mothers of the next generation.

In the privacy and intimacy of my own office, with an audience of only one or two, I have been talking along these lines for lots of years, sometimes with gratifying results, often with despair, feeling that little regard and sometimes scant courtesy is accorded the preaching woman.

A young doctor cousin of mine said when we graduated he would not be a patient of mine for anything in the world if he had gone wrong, for I would be sure to preach. I am glad he said it, for it has saved many an unfortunate a richly deserved sermon. I hate a nagging woman, and was glad to be set right early in life.

I started out with high ideals of the service the physician could render mankind and incidentally womankind, and if the ideals are coming in on the home stretch slightly demoralized and a little ragged around the edges, it is on account of a naughty world—not the fault of the ideals.

Our president asked for a humorous paper, but that this subject could be treated humorously is inconceivable—rather as it is usually told or left untold, would tend to make angels weep.

The only humorous thing about it is in asking a woman who has developed her motherhood only by proxy, in loving other people's children, to tell physicians who know, or ought to know more than she does about it, how to raise a family.

Yet, such women and old bachelors are the only ones fit to raise children and succeed in making them perfect.

Grant me that I have no new thing to tell and no new way of telling it—only a woman's way. For I find myself always being a woman first and physician afterwards. That is a handicap for the physician part of it, but one cannot be everything equally.

This subject naturally resolves itself into four heads:

Who shall tell our children?

When shall we tell our children?

How shall we tell them and what shall we tell them?

Who shall tell them? Shall it be the public school? To be sure, it is telling them—a thousand things, true and untrue—pure and impure—in snatches and whispers, behind the doors and on the playground and under the trees, until intelligent parents are appalled at the knowledge of evil that young America is acquiring, supplemental to knowledge imparted within doors by over-worked and conscientious, but helpless, teachers.

They may teach physiology, hygiene, psychology, and moral philosophy—anything and everything as a basis for a correct understanding of natural law and a foundation for the construction of character—but when the parent asks or wishes that the public school, or any school or teacher, shall be responsible for the internal things in the life of the child, he admits himself inefficient or careless—or ignorant. Really, I think this last covers the larger ground.

We must remember the parent is untaught. If we could get one perfectly good generation of parents as a starting point, instead of this endless chain arrangement, in which the knotty problems recur with each succeeding revolution with changeless regularity. The ever circular reasoning—what the parent does not know he cannot impart to the child, and who is to teach the parent—that is the problem.

So it is education and evolution, and education and evolution and then some more education and evolution, until the machinery of life becomes adjusted.

The pulpit is learning to deal with human problems, instead of dry dogma and doctrine, and as it grows broader and wiser, it will teach the parent much, and grow less and less afraid of defiling its high calling by lending itself to human needs. If it were possible for the church to start a new world with a perfectly well informed Adam and Eve, it would do the world a great service.

The press, with all its faults and flippancy, is awakening beautifully to the new idea that it is of more value to make men and women than to make clothes or make love, of the

"happy ever after" kind, as in the "Ladies' Book" days of our grandmothers.

The women's clubs are taking up the subject manfully. They are breaking the eight-hour law for women in their mad rush to be revolutionary, and though the shots fired may scatter a little, they hit the mark more often than they miss, and if we are a little strenuous in trying to teach each other things, we are at least breaking the ground for fruitage in the future.

What, as physicians, are we doing? It seems to me more than any one we hold in our hands the key to the welfare of the young. We are often too busy or too neglectful to give of our knowledge—or it may be that the things we have so constantly in our minds seem too trivial to mention. But how far-reaching would be the result if each physician, every time when coming in internal association with the prospective parent, could make him understand his duties and privileges.

We talk of the home as the bulwark of the nation; and it is, but that home word does not mean a house with two or four people living in it; it means to the nation and society just what those two or four people stand for—their attitude toward each other and the human possibilities resulting from that relation. I am suspicious at times that our youngsters are not told often enough that they are bulwarks, or that they stand for anything in particular but their own selfish living.

But, granting that we have an average father and mother, reasonably intelligent and reasonably conscientious, and the little child comes into the home, when shall we begin to tell him of the mystery of his being and when shall we deliver to him the chart that shall guide his after years and bring into harmony the warning elements within himself that he may become a well-poised individual?

I do not believe that any set rule can be made for this. Circumstances and environment, as well as the development of the child, must decide. But it seems to me that the mother, being a woman, should develop the sixth sense—call it intuition or tact, what you will—the innate something that instructs her when the psychological moment arrives.

If she lives in close touch with her soul ever on the alert, her finger on the pulse and her ear attuned to catch the heart rhythm of her child, she will no more be mistaken when to speak than she would be mistaken when the bud unfolds into full-blown flower.

Personally, I am a little old-fashioned. I do not like the forcing process. So, until the need of knowledge comes, let the child be carefree, healthy and hearty, romping without self-consciousness or sex-consciousness, as long as possible. There are those who will take issue with this, those who think all

things should be taught early, that no mystery should be made of things purely physiological. But I must contend that the very wise and very knowing and over-developed little people miss much of the dewy bloom of the flowering period when forced to bloom too rapidly or too young.

But one rule always holds good, tell them first and tell them yourself at home before knowledge comes from some impure and unreliable source. Always tell the children first and always tell them the truth. It may not be wise to tell them the whole truth, but what it is necessary to tell, tell it truly. None of us respects a liar, and when a parent brands himself as that to his child, the confidence can never be wholly restored. It may be necessary to say to the child, "Mother does not think you quite old enough to understand the full explanation of the things you ask, but there is no knowledge which your parents will not impart when the time is ripe."

I think that half my cases have complained to me of the lack of knowledge at the time of puberty or first pregnancy that should have been imparted by the mother, had she been wise enough or had interest enough. There is a form of selfishness among women that is sometimes named modesty. The story runs about like this, "I am too sensitive, or too nervous, or too modest, or too something or other, to talk to my daughters; won't you do it for me?" "Surely, I am willing, but why shouldn't you?" "Oh, I don't know how, and I am so sensitive." And yet these same mothers will tell a very questionable story before their young children and never seem conscious that they have tarnished themselves in the telling or sown seeds for future reference and questioning in the child.

So how shall they tell the story? This is how one mother told her daughter when quite young, as early as there was need. She was an old-fashioned woman, too, of an ultra refined type, and without book knowledge or magazine or woman's clubs or pulpit knowledge—just good sense and a character in which duty was spelled with capitals and pleasure and inclination made to coincide with duty.

She explained as best she knew the physiology of menstruation and ovulation. She did not want her child to be frightened or uneasy at its appearance; it was a perfectly natural function, to be reported to mother on its appearance, that she might give her proper care.

She spoke of the ethical side—the passing of the child into womanhood, when the cheeks grew rounder, the eyes added luster and the figure assumed new attractiveness and gracefulness. A period to be desired and not despised, for this function made possible under certain conditions the crowning

glory of her womanhood, the possibility of her motherhood, of which she would tell her in due course of time.

She wanted the little daughter to accept the new life forces within her as the highest gift of her being, to be cherished and never abused, and never to be discussed flippantly with other children, for only very coarse people talked degradingly of beautiful things. That things so extremely personal were not discussed carelessly by refined people and made common.

This may sound like sentimentality to those who call spades spades and never bat an eye. But it was beautiful sentiment to the daughter and she entered her womanhood, reverently holding it a sacred thing to be a woman, because of the latent possibilities involved, and careful that no blemish of soul or body should mar its symmetry.

Then we come to the mating time; and what shall I say? I have raised rather a large family of girls—"proxy girls." But the things we have said to each other are most too intimate to be told to strangers.

So often a girl, at this age, is all heart and no head, and when, if she becomes disillusioned, she is all head and no heart, it is a problem to adjust the balance. She is so little accustomed to judge of values—how much is the primitive call of nature and how much the worth of the man whom her head should approve when she gives her heart. Her choice is difficult, for really the woman does choose—negatively at least. Shall you like your sons to be as their father? Largely "like produces like." The seed that is sown returns in its kind.

Here the girl shrinks. Shall there be children? Yes, usually. But the story becomes beautiful in its unfolding. Tell her how she shall come into her marriage relation, as she would enter the Holy of Holies. Teach her that it is a real sacrament, not in name only, but in truth. They twain are one flesh—not because the church or law makes them so, but because each is the complement of the other. If their home is only a few divisions beneath a toadstool, there is happiness because of complete understanding. (I give this as an antidote for the overworked divorce court.)

Often the young, and quite as often older people, consider as synonyms the terms, happiness and a good time. So often the girl feels that her good times are curtailed by entertaining motherhood, and has to learn that happiness means more.

Instruct her how she is building cell by cell the little life that is the blending of the two. Give her sympathy in the new strange path she is treading and encourage her for a happy culmination. That the little inmate must have a clean, pure house of its own, without restrictions, must be properly nour-

ished and exercised and cherished until such time as nature shall lay it in her arms to begin a new phase of its existence. Tell her that as she builds the body beautiful, she must build into the soul of it, step by step, impressions that are wholesome; she is building the foundation for the character of a human being.

A friend, who is a theosophist, took issue with me for this recently, claiming the mother had nothing to do with it, just any old soul could be returned to earth through this channel. It saves a lot of responsibility, to be sure. But just because I want to, I suppose I shall go on thinking that every baby has a nice, clean little soul of its own to begin with and not some one's else worn out one, and that the mother helps to mould it materially.

Then here, the cycle begins again, and one wonders if the progress is backward or forward. There is another way to tell our children, and pardon me if this illustration has a personal side that was pleasing, for there have been failures enough to keep me from any egotism.

A big, overgrown boy of sixteen came in from the country to go to school and work for us. Of such boys we make real men in the Middle West. After the high school and the business course, he left us. But two or three years later dropped off one morning to tell me he had found the dearest girl in the world and was to be married soon. After congratulations and many misgivings on my part—for she had a temper and St. Vitus dance, a combination hard to beat—he wanted to tell me something more: that he was bringing to his bride a character as clean as her own (thanks to me). But I said, "Bob, I never talked to you much—not so much as I ought to have done, maybe." I never quite knew how to talk to boys. Then he said, "You never talked to me much, but 'you expected me to be decent,' and, living in your house, as I did with you, made me want to be."

Are we expecting our children to be decent? Do we tell them by our own attitude toward life that it pays? Do we make our homes such that they want to live up to them?

Visiting recently in the home of one of my proxy girls, I congratulated her on her sympathetic management of her little girls. "Yes," the young father said, "I am trying to do with my boys what she is doing for the girls, for I hold that a boy has a character to keep and develop just as much as a girl." I thanked him for reminding me of this almost obsolete idea.

And that reminds me, I have talked almost exclusively of the feminine side—partly because I am accustomed to it and partly because it devolves largely upon the mother usually

to raise the family, and especially to do the telling to the children—if there is any telling done. It is her business in life, or ought to be. The average father avoids telling his children anything as he would a pestilence—yes, more. I think he would eat microbes with less trepidation than he would talk cold facts to his young son. Yet he has his place in life, a larger place than the one accorded her.

A friend's small boy, who had noticed a decided difference of opinion between the heads of the family, and after the father went down town, asked the mother what fathers were for, anyway. She said, "to earn money for mother and children while she cares for them at home," etc. The lad said, "It seems to me if I were a woman I would earn money while I was young and keep it so when I was raising a family, I would not have to be bothered with any fathers."

A father is proud of his boys when they do well and more lenient with them than the mother when they go wrong, for he knows how it is himself. But he is only half acquainted with them. He is positively shy when it comes to an intimate consideration of the things in the boy's life that are of paramount importance, during the adolescent period. I wonder if men really are more modest than women. Sometimes I have thought so, or perhaps they are less brave. The father wants to be helpful. He knows that he is shirking his duty, but he can't get himself in line. He talks to his sons of everything under the sun but that; takes him to the ball game and tells him how to become an athlete; spares no pains on his education. He wants his son to know that he is in sympathy with him and an all around good fellow to chum with, but he expects him to find out for himself the meaning of the new experiences he is undergoing, and only a kindly fate saves him, if he is saved at all, from catastrophe in some form. And how dearly the knowledge is brought that we see in the wrecks about us. The tottering gaited, crutch encumbered in the childless homes. The blind and crippled babies. The sacrifice of the unborn and the blackening of woman's honor. The shattered hopes of parents, and, not least, the nation's loss in its full quota of manhood.

Some one has said this better than I:

So I had my joy of life:
I went the pace of the town;
And then I took me a wife,
And started to settle down.

I married a girl with health
And virtue and spotless fame.

I gave in exchange my wealth
And a proud old family name.
And I gave her the love of a heart
Grown sated and sick of sin.
My deal with the devil was all cleaned up,
And the last bill handed in.

She was going to bring me a child,
And when in labor she cried,
With love and fear I was wild—
But now I wish she had died.
For the son she bore me was blind,
And crippled and weak and sore!
And his mother was left a wreck,
It was so she settled my score.

I said I must have my fling,
And they knew the path I would go;
Yet no one told me a thing
Of what I needed to know.
Folks talk too much of a soul
From heavenly joys debarred—
And not enough of the babes unborn,
By the sins of their father scarred.

How shall we tell it to our children? I do not know. But we must tell them with no uncertain sound. The question is so many sided, so fraught with pregnant meaning to all mankind. There is such urgent need to tell it now, that we, as physicians, should awake to our responsibilities.

To those of us who look far, it is the nation's need. This want of knowledge no nation can stand, if its people are weaklings.

There must be stalwart men—virile and self-governed; a calm, sensible and dignified womanhood, if the nation stands. And these we must make out of our children.—Pacific Coast Journal of Homeopathy.

SOCIETY CALENDAR.

National Eclectic Medical Association meets in Indianapolis, Ind., June, 1914, Dr. W. S. Glenn, State College, Pennsylvania, President; W. P. Best, M. D., Indianapolis, Ind., Secretary.

Eclectic Medical Society of the State of California meets in San Francisco, May, 1914, Judson Liftchild, Ukiah, Cal., President; H. F. Scudder, M. D., Los Angeles, Secretary.

Southern California Eclectic Medical Association meets in Los Angeles, May, 1914, Clinton Roath, M. D., Los Angeles, President; H. C. Smith, M. D., Los Angeles, Secretary.

Los Angeles County Eclectic Medical Society meets at 8 p. m. on the first Tuesday of each month. H. T. Cox, M. D., Los Angeles, Cal., President; P. M. Welbourn, M. D., 818 Security Bldg., Los Angeles, Secretary.

LOS ANGELES COUNTY ECLECTIC MEDICAL SOCIETY

The regular meeting of the Los Angeles County Eclectic Medical Society was held on February 3, 1914, at the college.

The minutes of the previous meeting were read and approved.

The names of Paul Bauer and Louis H. Freedman were proposed and both doctors were elected unanimously to membership.

A committee composed of Drs. Cox and Baird were selected to visit Dr. W. C. Bailey, who is on the sick list.

The paper of the evening was read by Dr. Oran Newton entitled "Intestinal Auto-intoxication." The discussion which followed was interesting and included the reports of a number of clinical cases.

The next meeting will be on March 3rd, at which time Dr. Clinton Roath will read a paper.

Adjournment.

P. M. WELBOURN,

H. T. COX, Pres.

Sec'y.

NEWS ITEMS

Dr. Henry G. Pyle, Pasadena, has opened an office in the Washington Building, Third and Spring Streets, Los Angeles.

Dr. A. O. Conrad has moved from his long-established office at 517 South Broadway to the Marsh-Strong Building.

Dr. H. V. Brown has opened an office at 919 Hollingsworth Building, Sixth and Hill Streets.

Dr. A. G. Smith, Fair Grounds, Marion County, Oregon, was a recent visitor in the city. The Doctor had entered some of his horses in the driving races at Ascot Park.

Dr. C. N. Mosher, Kinsley, Kansas, may be addressed at Hotel Eugene, 560 Ruth Avenue, Los Angeles.

Dr. W. C. Bailey, Los Angeles, who suffered a cerebral hemorrhage recently, is reported to be improving.

Dr. L. H. Freedman, Auditorium Building, and Dr. Paul Bauer, 1139 West Seventh Street, are new members of the Los Angeles County Eclectic Medical Society.

Dr. A. D. Tilden, Riverside, was in Los Angeles on professional business recently and visited the new building of the Westlake Hospital.

Dr. H. W. Gates, Waco, Texas, sends in his renewal for the California Eclectic Medical Journal. This does not express his loyalty to Eclecticism because his check covers annual subscriptions to ALL the Eclectic journals.

WANTED: To sell a homeopathic practice, well equipped office, auto, etc., in Southern California.

WANTED: A good Eclectic Physician to take the office of a well established doctor. The office is well furnished and rent very reasonable.

WANTED: Assistantship or Locum Tenens to a busy physician or surgeon, one with hospital practice preferred. Just returned from post graduate course in Europe. Any of the Western desired.

"Dr. Atkins, whose graft is the rectum,
Said, 'Others may cut or inject 'em,
I remove a bad pile with a three-cornered file;
'Tis rare that I ever infect 'em.'"

TREATMENT OF A SEVERE BURN WITH GLYCO-THYMOLINE

"Glyco-Thymoline is fine for burns. I was called a short time ago to attend a little Polish boy, four years old, who was badly burned about the face as a result of an explosion.

"He was burned so badly that his eyes were closed from the swelling and I was afraid his sight would be lost and told the parents so.

"I applied a wet compress of pure Glyco-Thymoline on absorbent cotton and returned in 24 hours. To my surprise his eyes were opened. A good deal of pus formed later, but I continued the same treatment for eight days, when he fully recovered, minus eyebrows and some hair.

"No other treatment was used except a little vaseline on the lip where an eschar had formed.

"I neglected to state that I did not see this case until 26 hours after the accident occurred, hence the great swelling and the pus that formed later."

J. R. Lyons, M. D.,
Mount Pleasant, Ohio.

Be a Booster

Take this application blank to any friend who is not a member and tell him about the advantages of your **State Society** and its annual meetings. Tell him about the advantages of belonging to the **National**, and that he ought to help in its work or organization, and that the **National Quarterly**, of over 400 pages, is alone worth the small amount of annual dues, \$2.00. Show him what he is missing by not being with us, and get him to sign this application blank, and you mail it to your State Society Secretary, and get credit for securing a new member.

BE A BOOSTER. There are 6800 Eclectic physicians in the United States, and scarcely 1500 belong to the National, and possibly 2300 to the various State Societies. You can help us secure affiliation by some new member. **DO IT NOW.**

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The.....State Society and in the National Eclectic Medical Association.

I hereby apply for membership in the.....State Society and in the National Eclectic Medical Association, and agree to support the Constitution and By-Laws of each. This will include my subscription to the National Quarterly.

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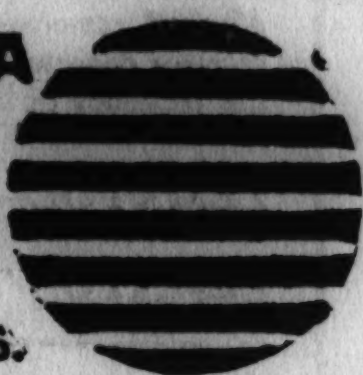


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THE PHYLACOGEN TREATMENT OF INFECTIONS

An interesting experience with phylacogens has been narrated by Dr. E. H. Troy, of Oklahoma. It appeared in a recent number of the International Journal of Surgery.

"I have treated twenty-four cases of rheumatism," writes Dr. Troy. "Their recoveries were as rapid as remarkable. One man of thirty-two had had rheumatism for three years; he was confined to bed for three months, and eight months elapsed before he was able to work. He was brought to the hospital on a bed and had to be lifted on a sheet. I gave him one dose of phylacogen daily, and in six days he walked to the station, carrying his suit case. Another patient, a man twenty-four years old, had inflammatory rheumatism when ten years of age. He was confined to bed for six months. He has suffered all his life, and had visited the various watering places in America, receiving very little benefit. The last four years he had been almost incapacitated. I gave him ten doses of phylacogen, and his recovery was rapid."

Dr. Troy refers to a number of other cases of infection, including chronic otitis media, sycosis, acne, carbuncle and erysipelas, in the treatment of which he has been singularly successful, and adds:

"The administration of phylacogen is peculiarly adapted for the treatment of infectious diseases. * * * The only requirement is to make a diagnosis. If you are treating infectious diseases without making a diagnosis, however, do not be disappointed if you do not get results with the phylacogens."

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A few unsolicited opinions from those who have used Zematol:

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I find Zematol the best preparation I have ever used for itching piles. Dr. D. J. Tucker, Gordonville, Texas.

Gentlemen: Recently a small patch of Eczema, which has bothered me more or less for years, began to trouble me, and I found Zematol the very best application I have ever used. It relieved the itching immediately and under its use the skin has become smooth again. L. C. Cox, M. D., San Francisco, Calif.

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CLUB RATES

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	Price.	Club Rate.
American Med. Journal, 5255 Page Ave., St. Louis, Mo.	\$1.00	\$.90
California Eclectic Med. Journal, 818 Security Bldg., Los Angeles.....	1.00	.90
Eclectic Medical Journal, 630 W. 6th, Cincinnati, Ohio	2.00	1.80
Eclectic Medical Review, 242 W. 73rd St., New York, N. Y.....	1.00	.90
Ellingwood's Therapist, 32 N. State St., Chicago, Ill.	1.00	.90
National E. M. A. Quarterly, 630 W. 6th, Cincinnati, Ohio	1.00	.90
Nebraska Medical Outlook, Bethany, Nebr.....	1.00	.90
Therapeutics and Dietetics, 703 Washington St., Dorchester, Boston, Mass.....	1.00	.90

You may subscribe to any or all of the above journals through this office, the only condition being that subscriptions are paid in advance and 10 per cent discount allowed on an order for two or more, including this Journal.

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Wm. N. Mundy, M. D., Editor

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